

# 01 - Acknowledgments

## Acknowledgments

xv At the age of 98, Aaron Beck, my father, is still teaching me about cognitive behavior therapy (CBT). Most recently, he and our colleagues at the Beck Institute for Cognitive Behavior Therapy, in suburban Philadelphia, have developed, and are researching, recovery-oriented cognitive therapy (CT-R) for individuals diagnosed with serious mental health conditions. I have been applying CT-R to the clients I treat in our outpatient clinic with great results. I'm very excited about this new development in the field, with its emphasis on motivating clients through identifying their aspirations and values, meaning and purpose; focusing on their strengths and resources; helping them overcome obstacles to working toward their aspirations each week; and drawing positive conclusions about their experiences and themselves. I am grateful to my father and to our CT-R team, headed by Paul Grant and Ellen Inverso, for inspiring the recovery orientation I have included in this book. I am equally fortunate to interact with our team of excellent clinicians, Rob Hindman, Norman Cotterell, Fran Broder, and Allen Miller. They treat clients, teach at our workshops, supervise therapists (from beginners to experts), and participate in program development. I learn so much by discussing my clients with them every week at our case conferences. They and Brianna Bliss helped improve this manuscript. I am also grateful to Lisa Pote who has transformed the Beck Institute into a worldwide training and resource center, and Kitty Moore of ACKNOWLEDGMENTS

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